



Athletic Development

Fitness Consulting

Health & Wellness  
Education



[www.2goodhealthllc.com](http://www.2goodhealthllc.com)

Below is the 2 GOOD HEALTH e-newsletter. If you are reading this from your Junk mailbox, please remember to add sburrage@2goodhealthllc.com to your email address book, so that next time it can come directly to your Inbox.

This March issue of the 2 GOOD HEALTH newsletter contains the following (in order):

Greetings from 2 Good Health

Feature Article - Why Strength & Conditioning Specialists?

Spring Break for Speed & Agility

2 Good Health – the *Talk of the Town*

The Doctor Speaks

2GH Client Referral Program

Friends of 2GH

### **Greetings from 2 Good Health**

At last! Spring is here. Time to say good-bye to cabin fever for another nine months. Time to get our blood pumping—take a walk, work in the yard, go for a jog, or play with the children outdoors. Whatever you choose to do, we encourage you to get out, get moving, and enjoy the warmer weather.

With this warmer weather, we have already had many wonderful opportunities to meet others and make some new remarkable friends. We would like to introduce you to some of these friends in our new e-Newsletter section entitled “Friends of 2GH.” We hope this new section will be of value to you, our clients, friends, and family, as we share information with you on who’s who in our health/wellness/fitness world. Also, this section allows us to support others in the health/wellness/fitness community by introducing them to you and by helping them to “get the word out.” As always, we welcome your feedback on this new section and/or any other part of our e-Newsletter.

So, since we have added another section to this e-Newsletter, we will give you more time to read by bidding you farewell and Happy Spring! Read on and we hope you enjoy.

Blessings,  
Charles and Sheril

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### **Feature Article**

#### **Why Strength & Conditioning Specialists?**

High School and College Sports is huge in Georgia, especially Northeast Georgia. Our children are getting started in sports earlier than ever, and while it is important that these young athletes get good coaching to improve their performance, it is equally important that they get safe athletic development programs that strengthen and condition their bodies for athletic success.

Coaches typically have the responsibility of preparing the athlete for the game...they work on the X's and O's of playing that particular sport. Many of them do not have the time to invest in individualized athletic development programs for each

athlete outside of the established practice time as this time (practice time) is usually devoted to game preparation. Many of them have the desire, but other jobs and/or responsibilities prevent them from being more involved in the physical development of their athletes.

Strength and Conditioning Specialists assist in this vital function by forming relationships with coaches and communicating with them to determine the best plan of action for their athletes. We become part of the team by taking a genuine interest in the lives and the athletic performance of each athlete we serve. We assess the athlete's fitness for his or her particular sport through specific performance-related fitness tests. We then develop effective strategies to accentuate the strengths and eliminate any weaknesses that exist while helping develop confidence in the athlete that his or her body is the best it can be and is well-prepared for the rigors of the competitive season, and more importantly, for success.

## 2 Good Health Athletic Development Programs will improve...

- Overall Health & Wellness (This is our #1 Priority)
- Strength
- Endurance
- Balance
- Core Strength
- Power and Explosiveness
- Agility
- Speed

## Methods Used to Train the Athlete...

- Nutritional Guidance
- Weight Training
- Core Training
- Sport-Specific Conditioning
- Plyometrics
- Speed Training
- Stability Ball Training
- Agility Training

If you, your school-aged/college student(s), or your team athlete(s) need a little extra help to become more successful in your sport of choice, then contact Sheril or Charles at 2 Good Health to discuss how we can help you with our Strength & Conditioning Programs.

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## **Spring Break for Speed & Agility**

There is still time to register for the 2 Good Health Youth Spring Break Speed & Agility Camps to be held at the Activity Zone in Winder (Carl) on March 31 – April 5 and April 7 – 12. The following is a summary of the program. Further details and the registration form can be found online at [www.2goodhealthllc.com](http://www.2goodhealthllc.com).

- Top notch, 3-day Speed & Agility Camp
- In collaboration with Anthony Blakley, former pro-basketball player and CEO of Hoops 4 Life
- Training conducted by Charles Burrage, Jr., Nationally Certified Strength and Conditioning Specialist, owner and head trainer of 2 Good Health
- All athlete types welcome
- Boys & girls ages 10-18

In just a few short hours a day, your child will begin to learn the secrets to becoming faster, more explosive, and more confident in his/her sport. Sign up today, spaces are limited.

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## **2 Good Health – the *Talk of the Town***

Join 2 Good Health and Barrow County's WCTV 24 on *Talk of the Town*. The interview will be aired Monday, March 31 thru Friday, April 4 at 8am and 7pm on your local channel 24. Check out WCTV24 website for additional details—[www.wctv24.com](http://www.wctv24.com).

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## The Doctor Speaks

2 Good Health is pleased to be a partner with Piedmont Regional Library – Winder Branch to provide health/wellness programs throughout this year. The next scheduled sessions are as follows:

**Monday, April 21 at 6:30 pm.** *Aging Gracefully through Healthy Nutrition.* Although we cannot “turn back the clock” on aging, we certainly can slow down the effects of the aging process and age gracefully with the daily nutrition choices that we make. Come learn about those choices, other health tips, and sample some healthy snacks, all to help you age gracefully. Updates and reminders are available in the 2 Good Health e-Newsletters and at the Winder Library.

**Tuesday, June 17 at 2:00 pm.** *Metamorphosis.* The library's summer youth program. Middle school-aged students will learn about healthy life-styles, simple ways to stay healthy, and will sample easy-to-make healthy treats.

Also, stay tuned to the 2 Good Health e-Newsletter or website and Winder Library for detailed information about other programs to come this year.

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## 2GH Client Referral Program

On March 1<sup>st</sup> 2GH unveiled a new benefit for our clients. Our new **CLIENT REFERRAL PROGRAM**. This is an ongoing program that has no end date to it. Here's how it works:

1. You, our valued client, refer 3 friends, family members, co-workers, etc. to 2 Good Health<sup>1</sup>
2. Those 3 people purchase services or products from 2 Good Health
3. You, our valued client, receive 10% off of a new service or product OR 10% off of your next monthly service invoice.<sup>2</sup>

As we mentioned, this is an ongoing program with no end date. So, if you refer 6 new clients within the same year that means you would have earned two (2) 10% rewards toward your own services/products. So, GO FOR IT!

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## Friends of 2GH

Here are some new friends of 2GH that we would like to introduce to you. When the opportunity arises, we hope that you will consider patronizing/supporting their business/organization. We like them; we hope you do too.

**L. A. David, MD (Hoschton Medical, P.C.)** 706-658-2452, 115 Towne Center Parkway, Suite 113, Hoschton, GA 30548

Dr. David practices family medicine with a specialty in sports medicine at his office in Hoschton. He is also an esteemed physician at the Barrow Regional Medical Center. A bit of trivia: Dr. David is the only physician in Hoschton. Dr. David/Hoschton Medical can give top-notch care to the athlete in your family.

**Susan Litchford (Arbonne® International)** 404-401-2471, [susanlitchford.myarbonne.com](http://susanlitchford.myarbonne.com),  
[susanlitchford@myarbonne.com](mailto:susanlitchford@myarbonne.com)

Susan is a Regional Vice President for Arbonne® International, a pure Swiss skin care, nutrition, and aromatherapy company. Susan's products can help to enhance your internal health and external beauty without any harmful agents. But, more importantly, she is a very caring and proficient professional.

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<sup>1</sup> Must be a new client/customer

<sup>2</sup> Item that is discounted not to exceed \$200

**Fellowship of Christian Athletes**, 706-769-4700, [www.fca.org](http://www.fca.org), [jmurray@fca.org](mailto:jmurray@fca.org)

More important than physical health and fitness, is spiritual health. The FCA is a trusted organization in all of the area schools. If your child would like to become a member, they can check their school's clubs or ask their guidance counselor. FCA is also entirely funded by donations, pledges, and fund-raising. So, if you are looking for a worthy place to give, check out their website or call the regional office at the number above.